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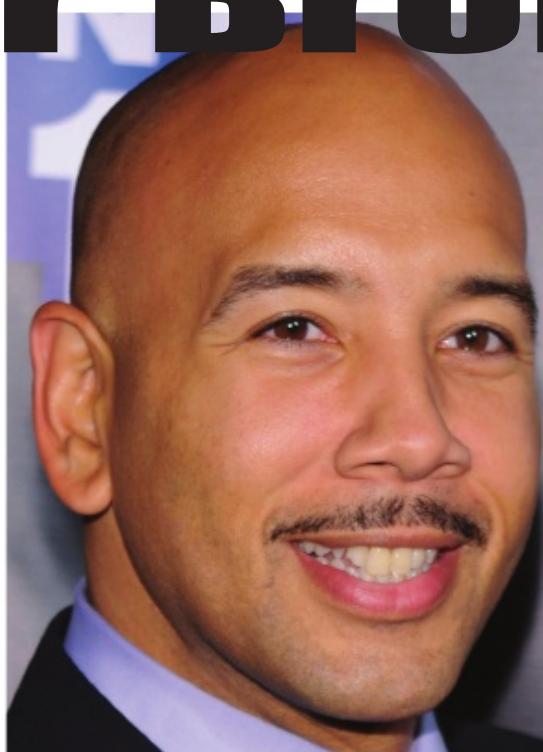
for Bronx

Bronx Borough President Ruben Diaz Jr. praised the news, announced Tuesday (September 23) by the New York State Department of Labor that the Bronx County unemployment rate has dropped to single digits, down to 9.8 percent.

"When I first became borough president, I made it clear that job creation would be a top priority of my administration. Over the past five years my office, in partnership with the Bronx Overall Economic Development Corporation, city and state officials, our business community, no-profits and everyday Bronxites, we have worked hard to create thousands of new jobs in The Bronx. What we are doing is working," said Bronx Borough President Ruben Diaz Jr.

The borough has had a double-digit unemployment rate since January 2009, when it stood at 10.2 percent, peaking at 13.9 in January 2010. One year ago, in August 2013, the borough's unemployment rate stood at 12.1 percent.

Since Diaz took office in 2009, The Bronx has seen \$5.76 billion in total development, the creation of more than 13,000 in new units of housing and more than 14,000 new jobs created.



Bronx Borough President

With the opening of several new retail centers in recent weeks, as well as major projects such as the Kingsbridge National Ice

Center and Freshdirect on the horizon, thousands of new jobs have been created in Bronx County.

ditional partnership announced today, Andrew Cuomo announced in August between the New York State Department of Labor and the Bronx Overall Economic Development Corporation, as part of the "NY Works," program is placing Bronx residents in these jobs, helping to ensure that new development here benefits everyone, especially Bronxites.

"This massive improvement in our unemployment numbers proves we have had the right approach. Supporting our Bronx businesses, attracting new ones and partnering with the New York State Department of Labor to work with the new employers and our residents who are looking for work insures that everyone wins," said Marlene Cintron, president of the Bronx Overall Economic Development Corporation.

"This partnership between the BOEDC and the Department of Labor is already bearing fruit, and I want to thank Governor Cuomo and Commissioner Peter Rivera for both launching this important program right here in The Bronx and for showing a strong commit-

ment to the future of our borough. This program can be a statewide, if not national, model for job creation and placement. 'NY Works' is working for The Bronx," said Diaz.



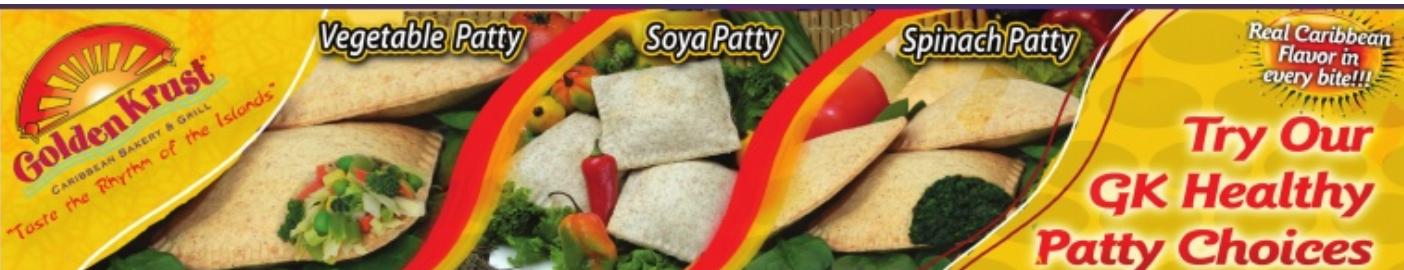
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EDITORIAL

Those boys projecting 'RAPE' must be disciplined!

As reported on page 4 in this issue of *Street Hype*, the Smoking Gun website disclosed that administrators at a Long Island high school are investigating a group

of six male students who posed for photos on a social media site appearing to make light of rape.

One of the photos shows five boys standing side-by-side wearing black t-shirts emblazoned with the word "RAPE?" on the front. The second image shows the same quintet spelling out "RAPE." In the foreground of the second shot, a sixth boy is pictured on the ground with his hands bound, presumably portraying a rape victim.

Based on appearances, the teenage boys look as if they come from very affluent families and they do not seem to fit the profile of the typical rapist we have become used to. We are also not sure about their motives, but one thing is clear -- these boys should have been smart enough to understand that

rape is a serious crime that carries heavy

penalties, including lengthy prison time.

The situation is perhaps worst because the trauma of rape can bear years of painful emotional and psychological scars. This severe human rights violation and invasion of privacy has led to the destruction of many lives, including countless victims who have resorted to suicide escape their pain.

The boys should have been smart enough to understand that our community does not tolerate or condone anyone demonstrating or appearing to make fun of rape.

The Long Island schools authorities are therefore being urged to carefully investigate the matter and discipline the boys for their inexcusable lack of judgment.

The security and protection of our children in schools is always a serious concern to parents.

From kindergarten to college, students are being exposed to various bodily harm as well as sexual and psychological abuses.

It has been a very difficult environment for students in most schools as just about every segment of the school population is always trying to prey on the student especially. It is all too common in the news. When bullies are not preying on their weaker peers, we are exposing teachers, employees or volunteers for inappropriate sexual contact with children.

However, the New York State Senate has now made it a crime for any school employee or volunteers to have any sexual contact with a student, even if that student is of consenting age.

As state and the city lawmakers continue to put in place measures to protect schools and other educational facilities, we must be vigilant and expose those people who want to prey on innocent children.

We want our school environment to remain a safe place for learning and not for young boys to practice criminal activities and abuse other children in the process.



patrick@streethype.net

The opinions expressed in this newspaper, except for the above, do not necessarily reflect the views of Street Hype Newspaper and its publishers. Please send your comments and or suggestions to editor@streethypenewspaper.com. Responses should be no longer than 400 words. Not all articles will be published

people are talking...!

Are leaders born or made?

That is, can your genes make a difference to your career? This is one of the oldest questions associated with leadership. As the saying goes, some are born great, some achieve greatness, and some have greatness thrust upon them.

A study in 2013 by a leading military academic researchers claimed to have proven the theory that great leaders such as Sir Winston Churchill or Margaret Thatcher are all born and not made. In that study eighty-seven officers were defined as being more psychologically complex if they had a more diverse sense of their own abilities and accomplishments as leaders. The researchers also tested leadership and decision-making abilities in these officers.

The officers had to lead their unit to interact with hostile and nonhostile civilians, enemy forces, the media, and, eventually, the shooting down of a US helicopter during an international humanitarian relief mission in Africa. Former military officers with significant experience in these types of

situations rated the officers' responses to adapt, being aware.

Leaders who had a more complex sense of their leadership skills and greater neurological complexity were found to be more adaptable and effective leaders in these scenarios. As such, it is believed they were born leaders.

On the other hand, you will find many individuals who believe that leaders are made. The slogans of some top organizations state that they can make you a leader. I believe that leadership potential exists within each of us. That potential can be sparked by outside events, or it can be learned by exploring ourselves from within. Once you learn the techniques of true leadership, you will be able to gain the confi-



**Dr Neva
Alexander
SPEAKS**

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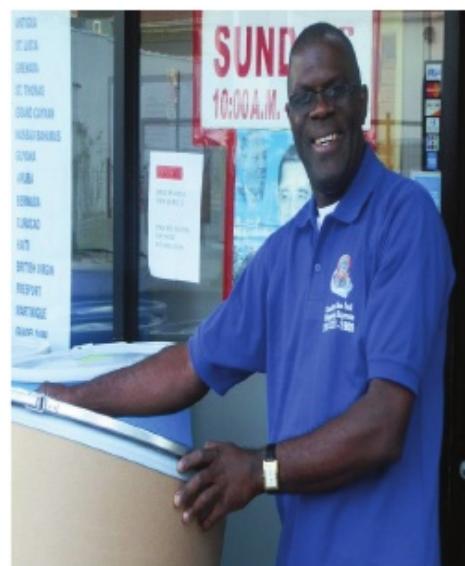
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NEWS



Administrators Probe 'Rape' At Long Island High School?

Administrators at a Long Island high school are investigating a group of male students who posed for photos appearing to make light of rape. The images taken recently on the athletic field at Commack High School were posted to social media sites, where they were spotted by fellow students, many of whom were angered by the two pictures. One

SECTION PHOTO (seen above) shows five boys wearing shirts that spell out "RAPE." In the foreground of the second shot (seen below), a sixth boy is on the ground with his hands bound, presumably portraying a victim. In a statement, school officials said that the students "showed an inexcusable lack of judgment," adding that they have launched a "comprehensive investigation to determine the full scope of this matter and whether or not this was an isolated incident." - Courtesy of the Smoking Gun

Nurse Smuggles Contraband To Rikers Island Inmates

BRONX

Another Rikers Island employee is behind bars. The Department of Investigation arrested 48-year-old Jeffrey Taylor of the Bronx on charges he smuggled drugs, alcohol and tobacco to inmates.

Taylor is a licensed nurse with Corizon Health, the company in charge of health care at Rikers, and has been working there for four years.

Prosecutors say that from May until earlier this

month, Taylor sold three inmates vodka, rum, loose tobacco and a medication used to combat opiate addiction.

Investigators say he had other inmates with janitorial jobs deliver the items, and they say he received \$2,200 through wire transfers.

This is the 11th arrest of a Rikers Island employee since the DOI announced a sweeping investigation into misconduct at the jail.

Tougher Fines for Landlords Who Harass Tenants

NEW YORK CITY:

The City Council this week passed a bill doubling the fine for landlords found guilty of harassing their tenants. Landlords who withhold repairs or other services in an attempt to force tenants out will be held accountable under the measure.

It also covers building owners who physically threaten or intimidate residents. The maximum fine is \$10,000 per unit. Landlords will also be listed as offenders on the Department of Housing Preservation and Development's website.

SPARKS STEAK HOUSE SUES YELP Did the Waiters Spit On The Food?

The Sparks Steak House has asked a judge to direct Yelp to identify the individual who posted a review claiming to be an employee who spits on food at the Manhattan restaurant.

In a New York State Supreme Court filing, Sparks Steak House seeks a judicial order compelling the online review site to turn over details about the user who, in a mid-July post, wrote that, "I have personally spit my own saliva into dishes."

The reviewer added, "Our management actually condones it to guess who give us attitude. Just double check your food next time you eat here."

The review was purportedly posted by "Besfort Shala." According to the September 8 court filing, a man by that name recently interviewed for a waiter's job at the East 46th Street eatery. When informed that his name was attached to the Yelp review, Shala--who was not

hired by Sparks--filed a police report. The 23-year-old Bronx resident told cops that an imposter had posted the Sparks review in his name.

The "malicious and defamatory" Sparks review has been removed from Yelp and the related "Besfort S." user account appears to have been deactivated, according to the restaurant's court petition.

Sparks is one of New York City's top-ranked--and most expensive--steakhouses. It was also the site of the December

1985 slaying of Mafia boss Paul Castellano, who was whacked in front of the midtown eatery. The murder of Castellano and Gambino underboss Thomas Bilotti was the brainchild of John Gotti, who succeeded Castellano atop the Gambino gang. Gotti, who was subsequently convicted of orchestrating the hit, died in prison in 2002.

-Courtesy of the Smoking Gun

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NEWS

Bank Teller Charged

With Stealing \$80,000

BROOKLYN: A former Brooklyn bank teller has been charged with using her position to funnel more than \$80,000 out of numerous customer accounts to pay her family's bills during a two-year period, Kings County District Attorney Kenneth P. Thompson announced last week.

Jane Ferguson, 27, of 146 Beach 59th Street in the Arverne section of Queens was arraigned in Brooklyn Criminal Court on a complaint in which she is charged with second-degree grand larceny, second-degree forgery, second-degree criminal possession of a forged instrument and first-degree identity theft. She was released without bail and ordered to return to court on October 29, 2014. The defendant faces up to 15 years in prison if convicted.

District Attorney Thompson said, "Within just weeks of being hired as a teller, this defendant allegedly stole

money from the bank account's of customers to pay her own bills. Now she could face imprisonment for this major betrayal of trust." "This case was brought by my new Cybercrimes Unit, a team of prosecutors capable of fighting 21st-century crimes such as this defendant's alleged computer-based thievery. The Unit focuses on fraud such as identity theft, hacking, e-scams and schemes relating to online payments. It will also assist investigations involving the seizure and analysis of emails and digital equipment."

District Attorney Thompson said that, according to the complaint, Ferguson had been hired as a teller at the Signature Bank branch at 26 Court Street in Downtown Brooklyn on November 7, 2012. Between December 2012 and April 2014, Ferguson allegedly made 58 unauthorized transactions from 13 different Signature Bank accounts totaling \$80,235.38.

According to the complaint, Ferguson

made the transaction -- mostly electronic transfers--to benefit herself, her husband, Randell Ferguson and her mother, Darlene Brown. Some of the unauthorized transactions included money transfers to pay Ferguson's student loan bills and her mother's credit card bills, and to make Western Union wire transfers in Randell Ferguson's name.

According to the complaint, Ferguson also allegedly created counterfeit checks using Signature Bank clients' accounts and routing numbers, and used the checks to make payments to collection agencies on behalf of her husband.

The case is being prosecuted by Assistant District Attorney Cooper Gorrie of the Cybercrimes Unit, under the supervision of Felice Sontupe, Chief of the Frauds Bureau, and William E. Schaeffer, Chief of the District Attorney's Investigations Division.

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Jamaican wanted man caught in Brooklyn

BROOKLYN:

State of Pennsylvania in 2012.

A man wanted by the Jamaican police for a 2006 murder has been captured in the Brooklyn.

He has been identified as Dennis Donovan Kennedy, also known as 'Spooner.' Law enforcement sources say, Kennedy was arrested by members of the US Marshall Service in Brooklyn last week.

It's understood that he was being sought in connection with a case of sexual assault which occurred in the

Checks online revealed that Kennedy is being held at a federal detention facility in Brooklyn.

In January last year, he was among several persons listed by the Jamaican police as wanted for murder.

The St Andrew North Police revealed then, that Kennedy was wanted for the murder of Richard Barrett on December 21, 2006 along Constant Spring Road.

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Chikungunya could

affect most Jamaicans

KINGSTON, JAMAICA

It is being forecast that 30% to 60% of the Jamaican population could eventually be affected by the Chikungunya virus.

However Dr Kevin Harvey, acting Permanent Secretary in the Ministry of Health, says the majority of cases will be mild and the virus has a fatality rate of less than one per cent.

Dr. Harvey, speaking on TVJ's All Angles on Wednesday night, said the Ministry does not know the actual number of persons with Chick V, as it can only report numbers received by its representatives.

"Every body; every single individual, is susceptible to Chikungunya, and the mosquito that carries (it) is everywhere, so we are expecting that the parishes that are not yet impacted will be impacted," he said.

He said the only mitigating step that



the health authorities can realistically take "is to try our best to make it as slow as possible, to make it incremental and not an explosive situation that is going to take out a significant number of the population at a particular time."

Oranjestad-Chikungunya virus is spread by mosquitoes and has been galloping across the Caribbean. Experts say that it's likely to hit the U.S.

This new intruder has reached epi-

demic proportions in the Caribbean, according to the Jamaica Observer. Chikungunya first made itself known in the Caribbean last December, when it showed up on St. Martin. More than 4,108 cases have been reported in 14 countries across the Caribbean as of the end of April. That's according to Dr. James Hospedales, who talked to the Caribbean Media Corporation (CMC).

"By definition this is an epidemic since it represents an unusual number of cases of this problem where we would never have had it before," Hospedales said. Chikungunya has been confirmed in Anguilla, Aruba, Virgin Islands, Dominica, the Dominican Republic, French Guiana, Guadeloupe, Martinique, St. Barthelemy, St. Kitts and Nevis, St. Lucian, St. Vincent and the Grenadines, St. Maarten (Dutch) and St. Martin (French).

they are working certain lines with respect to this murder investigation.

TRINIDAD AND TOBAGO:

A 32-year-old Longdenville man who was charged in 2012 with attempted murder was gunned down in the vicinity of his Longdenville home shortly after 2 pm on Wednesday, police investigators said yesterday.

According to reports at about 2 pm on Wednesday the victim Emo Berkley a self employed farmer of Church Street,

Longdenville, alighted from his white

Nissan B12 motor vehicle and was stand-

ing at the side of the road on Alexander Street, when two masked men armed with firearms approached him.

According to reports the victim began running, but was hotly pursued by

the two gunmen who fired several shots at him.

Berkley ran into a yard and collapsed. The gunmen continued firing at Berkley and then escaped by running west along Alexander Street and south along London Street.

A report was made to the Longdonville Police Post, and a party of officers led by Snr Superintendent Johnny Abraham went to the scene accompanied by Sgt Jitindra Toolaram and Homicide officers visited the scene. The DMO Dr Babu Reddy viewed the body and ordered its removal to the Forensic Science Centre. The death of Berkley pushed the murder toll to 301 for the year.

Jamaica Gets US\$68.8

from IMF

WASHINGTON, USA

The executive board of the International Monetary Fund (IMF) on Wednesday completed the fifth review of Jamaica's economic performance under the program supported by a four-year, SDR 615.38 million (about US\$932 million at the time of approval) arrangement under the Extended Fund Facility (EFF).

The completion of the review enabled an immediate disbursement of an amount equivalent to SDR 45.95 million (about US\$68.8 million). The Board made the decision based on lapse-of-time procedures, without a formal meeting. The EFF arrangement was approved on May 1, 2013.

According to the IMF, the program is on track. Jamaica's economic performance under the authorities' economic program supported by the EFF has remained strong. All quantitative performance criteria for end-June 2014, as well as the continuous quantitative program targets and structural benchmarks, were met. Gains from Jamaica's demanding reform program are emerging.

Brazil releases 'good' mosquitoes to fight dengue fever

Brazilian researchers in Rio de Janeiro have released thousands of mosquitoes infected with bacteria that suppress dengue fever.

The hope is they will multiply, breed and become the majority of mosquitoes, thus reducing cases of the disease.

The initiative is part of a programme also taking place in Australia, Vietnam and Indonesia. The intracellular bacteria, Wolbachia, being introduced cannot be transmitted to humans.

The programme started in 2012 says Luciano Moreira of the Brazilian research institute Fiocruz, who is leading the project in Brazil. "Our teams performed weekly visits to the four neighbourhoods in Rio being targeted. Mosquitoes were analysed after collection in special traps."

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LEGAL ISSUES

United Continental Settles

Employment Discrimination

Justice Department announced Tuesday that it reached a settlement with United Continental Holdings Inc. resolving a claim that divisions of the company previously operating as Continental Airlines discriminated against individuals because of citizenship status in violation of the Immigration and Nationality Act (INA).

The department's investigation was initiated based on a telephone call to the Office of Special Counsel for Immigration-Related Unfair Employment Practices's (OSC) hotline. The department found that the company requested lawful permanent resident employees, but not U.S. citizen employees, to complete addi-

tional forms or provide additional proof of employment eligibility after hire even though the law prohibits this practice. The INA's anti-discrimination provision prohibits employers from placing additional documentary burdens on work-authorized employees during the employment eligibility verification process based on their citizenship status.

"The INA's anti-discrimination provision protects individuals from being singled out for unnecessary and unauthorized employment reverification based on their citizenship or immigration status," said Acting Assistant Attorney General Molly Moran for the Civil Rights Division. "We commend Continental's willingness to

review its issues in order to correct the violations under the INA. Among other things, the statute prohibits citizenship status and national origin discrimination in hiring, firing, or recruitment or referral for a fee; unfair documentary practices; retaliation; and intimidation.

Under the settlement agreement, Continental will pay \$215,000 to the United States, create a \$55,000 back pay fund to compensate individuals who may have lost wages due to the company's practices, and undergo training on the anti-discrimination provision of the INA.

The company will also be subject to departmental monitoring of its employment eligibility reverification practices for a period of two years.

The Office of Special Counsel for Immigration-Related Unfair Employment Practices within the Justice Department is responsible for enforcing the anti-discrimi-

nation provision of the INA. Among other things, the statute prohibits citizenship status, immigration status, or national origin; or discrimination based on their citizenship status, immigration status or national origin in hiring, firing, or recruitment or referral for a fee, should contact OSC's worker hotline for assistance.

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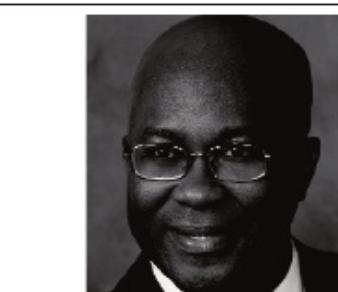
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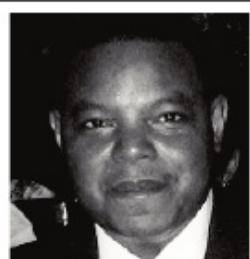
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SPORTS



Shivnarine Chanderpaul

Chanderpaul climbs to third on batting table

DUBAI, UAE (ICC) -- West Indies' Shivnarine Chanderpaul has returned to the top three of the Reliance ICC Player Rankings for Test Batsmen following a stellar performance against Bangladesh in the second Test in St Lucia, which finished on Tuesday. The West Indies won the Test by 296 runs to win the series 2-0.

The batting table is headed by Kumar Sangakkara of Sri Lanka, who leads South Africa's AB de Villiers by 27 rating points.



West Indies Bravo guilty of Level 1 offence

GROS ISLET, St Lucia (ICC) -- West Indies player Darren Bravo has been found guilty of a Level 1 breach of the ICC Code of Conduct during the fourth and final day's play in the second Test against Bangladesh in St Lucia on Tuesday.

Bravo was found to have breached Article 2.1.8 of the ICC Code of Conduct for Players and Player Support Personnel, which says; "...Where the facts of the alleged incident are not adequately or clearly covered by any of the above offences, conduct that either: (a) is contrary to the spirit of the game; or (b) brings the game into disrepute."

Bravo had been warned on several occasions not to approach and verbally offend the opposition batsmen and repeatedly failed to heed the umpires' instructions.

Bravo disputed the offence and a formal hearing was then conducted by ICC match referee Roshan Mahanama, with the charge having initially been brought by on-field umpires Stephen Davis, Richard Illingworth, third umpire Marais Erasmus and fourth umpire Peter Nero.



Ambassador Special Envoy:

Prime Minister Portia Simpson Miller (right) presents World and Olympic champion, Shelly-Ann Fraser-Pryce and her husband, Jason Pryce, with their diplomatic passports at the Office of the Prime Minister. The Double Olympic and World Championship 100m gold medallist was conferred Ambassador Special Envoy by Simpson Miller on Wednesday. Fraser Pryce, who the first woman to win gold in the 100m, 200m and women's 4xx100m relay at a World Championship a feat achieved at the 2013 World Championships in Moscow, Russia. --JIS Photo

Samuels, Johnson, Taylor recalled for India ODIs

ST JOHN'S, Antigua (CMC) — Left-hander Leon Johnson is poised to play his first One-Day International in

six years after being named in a 15-man West Indies squad for the one-day tour of India starting next month.

The 27-year-old Johnson is joined by fast bowler Jerome Taylor who has also been recalled after last playing an ODI four years ago.

Fellow Jamaican Marlon Samuels has earned a recall after being dropped for the Bangladesh series. The right-handed Samuels's form has waned in Tests, but averages over fifty in his last eight one-day innings.

Aggressive Barbados opener Dwayne Smith will also feature in the squad after missing the recent Bangladesh tour.

Selectors have dropped out-of-form right-hander Kirk Edwards and also overlooked left-arm spinner Nikita Miller who



Leon Johnson

failed to play a match in the one-day series against

Bangladesh. One end opener Chris Gayle was not considered for selection as he continues to recover from injury.

Dwayne Bravo will captain the squad which will face India in five ODIs from October 8-20.

SQUAD — Dwayne Bravo (captain), Darren Bravo, Jason Holder, Leon Johnson, Sunil Narine, Kieron Pollard, Denesh Ramdin, Ravi Rampaul, Kemar Roach, Andre Russell, Darren Sammy, Marlon Samuels, Lendl Simmons, Dwayne Smith, Jerome Taylor.

Pistorius free to compete, SA Olympic body says

STELLENBOSCH, South Africa (AP) — The chief executive of South Africa's Olympic committee says Oscar Pistorius is free to compete, even after his conviction for culpable homicide in the shooting death of his girlfriend.

South African Sports Confederation and Olympic Committee chief executive Tubby Reddy tells The Associated Press that the sports body has no regulations that

prevent someone with a criminal record

Reddy says "as he stands right now, he is free (to compete)."

Reddy adds the South African Olympic body would also allow Pistorius to run after his sentence is decided next month as long as competing doesn't go against the ruling of the judge.

Pistorius faces years in prison for the killing of Reeva Steenkamp, but there is no minimum sentence and he could receive no jail time.

FIFA suspends Cayman Islands businessman on corruption probe

By Caribbean News Now contributor
GEORGE TOWN, Cayman Islands --

The head of FIFA's audit and compliance committee on Monday announced the temporary suspension of Cayman Islands businessman Canover Watson from FIFA's financial monitoring panel in the North and Central American and Caribbean region (CONCACAF) pending the outcome of an apparently unrelated criminal investigation involving him.

According to the head of FIFA's Audit and Compliance Committee, Domenico Scala, Watson has been relieved of his duties while the investigation continues.

"The chairman has decided to temporarily relieve, until further notice, Canover Watson, to whom the presumption of innocence applies, of his duties on the FIFA Audit and Compliance Committee," a FIFA statement read. "This should not be regarded as routine procedure because cases like this or of this nature must always be assessed on their individual merits.

Reggae Boyz continue to slide

Jamaica's senior men's football team continued its downward slide in the FIFA world rankings, slipping 15 places to 100 in the latest listing published on Thursday. This follows the Winfried Schaefer coached side's recent 1-3 loss to Canada.

The Reggae Boyz also fell three spots to ten in the regional grouping, CONCACAF, which is being led by Costa Rica, ranked 15 in the world.

The Jamaicans will have opportunities to improve their ranking when they face Japan on October 10, before being engaged in the Caribbean Cup in Montego Bay from November 10-17.

Coach upbeats about Reggae Girlz's

JAMAICA'S senior Reggae Girlz head coach Merron Gordon is upbeat about the team's capacity to continue improving ahead of the CONCACAF Women's Championship in the United States from October 15 to 26.

The squad gathered for their pre-tournament camp in Orlando, Florida, late on Sunday and held their first training stint the following morning.

The Jamaica coach was in a buoyant mood and described Monday's session as "very good". But he conceded there may be challenges getting high-quality practice games while in the US.



ENTERTAINMENT

Hundreds say Good-bye to Hopeton Lewis

BROOKLYN

Hundreds of paid their last respect to legendary Rocksteady and Reggae singer Hopeton Lewis, who died at his home in Brooklyn on September 4 at age 66.

A funeral service for Lewis was held on Saturday (September 13) at St Mark's United Methodist Church, Brooklyn. He was later buried at the St Raymond's Cemetery in The Bronx.

Lewis, best known for the 1966 hit 'Take it Easy' which heralded the Rocksteady sound had other hits including Sounds and Pressure, the 1970 Festival Song winner Boom-Shacka-Laka, and Grooving out on Life. Lewis turned his back on secular music some 20 years ago.

He was founder and president of the Hopeton Lewis Caribbean Gospel Music Awards and owner of Caribbean Gospel Jubilee (CGJ), an Internet radio station.

Born in Kingston, Jamaica, Lewis sang in church from an early age and started performing as a youth, forming a singing group called the Regals.



HOPETON LEWIS

Rocksteady and Reggae singer (2014)

Licensed funeral director Patrice Miller of Patrice B. Miller Funeral Service, Inc. was entrusted with Lewis funeral arrangement.

Jamaicans in line-up for MOBO Awards

The Music Of Black Origins (MOBO) awards has released the list of nominees for this year, and in the Best Reggae Act category Alkaline, Chronixx, Popcaan, Stylo G and Tarrus Reilly will go record-for-record for the title.

The announcement was made in London, and the awards will make its grand return after five years to the SSE Arena, Wembley, for another awards ceremony.

According to MOBO's website, the Awards show highlights the best in today's musical talent, with performances from the biggest and best artists in the urban scene.

Oliver in Dolly House

Oliver Samuels latest play, Dolly House, starring Oliver Samuels, Audrey Reid, Dennis Titus and Ruth Ho Shing will be presented at Wingate Campus, Brooklyn and York College, Queens, in the City of New York, October 4-5, 2014.

Like other Oliver Samuels' plays, Dolly House is appropriate for the entire family.

Dolly House is a brilliant blend of Jamaica and the Caribbean much loved topics - politics, power, intimacy, class, mistrust and betrayal - packaged into a hilarious play.

It is Caribbean theater and comedy at its best. "Dolly House" has audiences laughing from the raising of the curtain to the end of the play. "I am still laughing. I saw Dolly House in Toronto," says Veronica Collins. "As usual Oliver was at his best and the twist and turn of the comedy

through brilliant acting by Audrey Reid, Ruth Ho Shing and Dennis Titus still have me cracking up. Tell me when it is coming to Boston or New York and I'll come down to see it."

Emailing her cousin in NY, Jasmin living in Kingston wrote, "Every time I go to see Oliver I'll say this is my last time because I have seen so many of his plays. Yet, I go back and each time it's a different experience. I have seen Dolly House two times already. I encourage fans to see Dolly House."

The setting is a tenement yard in Kingston. Who knows! It may have been the same tenement yard Bob Marley described in his classic, "No woman no cry." With a Chinese woman (Ruth Ho



Shing), a young dreadlock man (Dennis Titus) and a higgler (Audrey Reid) as tenants of the landlord (Oliver Samuels), something must happen in that yard and in the building, "Dolly House."

Last Mother's Day weekend Samuels sold out Dolly House at venues in Toronto. The final leg of the tour begins in September in Florida and will end in the

UK in November. Once Oliver and the cast return to Jamaica in late November, they will begin rehearsals for their 2015 production, a new play.

October 4-5 is the only time Dolly House will be staged in New York City.

October 4 is Oliver's birthday. After, the play on Saturday, there will be a big birthday bash for him. Location will soon be announced.

EVERYBODY'S Magazine and Herman Hall Communications promoted Oliver Samuels plays from 1990-2011 but took a sabbatical in 2012 and 2013.

Tickets online at: www.everybodysmag.com



Directions: From Throgsneck Bridge Cross Island Pkwy South exit Linden Blvd make right go 2 miles, Club at 190th St. From Whitestone Bridge to Van Wyck Expy. exit Linden Blvd make left go 2.5 miles. Club at 190th St.

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Mount Vernon to Welcome Antigua and Barbuda PM

MOUNT VERNON

Ernest D. Davis and the Mount Vernon City Council will welcome Antigua and Barbuda Prime Minister Gaston Browne to the city on Friday, September 26 at 5 p.m. in City Hall. "The Mount Vernon community is a multicultural city with representative from across the globe. We are honored that this busy leader has accepted our invitation."

Browne, who was sworn in as Prime Minister on June 13, 2014, is concluding a week of engagements at the United Nations that includes him delivering the national statement. He is a one-time banker who campaigned on turning around Antigua and Barbuda's struggling economy. At age 47, Prime Minister Browne is the country's youngest prime minister.

Gaston Browne
Antigua and Barbuda Prime Minister

City of White Plains Officially Opens New Lyon Place Garage

WHITE PLAINS

The Lyon Place Garage was constructed at a cost of \$2 million in White Plains City. The garage, which was opened to the public on August 25th, is located at One Lyon Place, at the corner of Lyon and Waller Avenue, just one block off East Post Road.

With a total of 619 parking spaces, 458 of which are available to the public, the new parking structure is expected to make a significant contribution to the economic vitality and growth of the Post Road

Corridor. It will support the workforce, shoppers, diners and visitors.

The Lyon Place garage also has 2 electric vehicle charging stations, part of 10 new EV charging stations recently installed in public parking structures throughout the city.

Parking permits for the new garage are now on sale and can be purchased at the Lexington-Grove East garage office (located adjacent to Macy's at the Galleria). Call the Lexington-Grove East garage office at 422-1392 for details.

Steve McIntosh, the oldest son of reggae icon Peter Tosh shows off a posthumous award that was recently presented by the Jamaica Future Ganja Growers Association to honor his father's courageous, outspoken and uncompromising global advocacy for the legalization of marijuana. McIntosh unveiled the award at a photo shoot last week at the Peter Tosh Memorial Garden in Belmont, Westmoreland on the 27th anniversary of his dad's passing. Plans were announced to upgrade and refurbish the 5-acre property to convert it to a major south coast tourist attraction for 2015. --DAVE RODNEY PHOTO

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New Rochelle Launches Branding Initiative

NEW ROCHELLE

The City of New Rochelle has launched an intensive branding program aimed to discover, define and design the City's unique marketplace advantages to attract businesses, residents and visitors.

To bring outside objectivity to the project, New Rochelle has partnered with Nashville-based North Star Destination Strategies. North Star has helped develop brands for more than 170 cities, regions, communities and municipalities nationwide. The City's initiative is funded in partnership with the New Rochelle Industrial Development Agency (IDA).

"A successful branding strategy will benefit New Rochelle's economy, property values, and civic image," said New Rochelle Mayor Noam Bramson. "This initiative will bring together community-based perspectives and national-caliber talent, so that we can present our city's assets and attributes in a compelling way."

North Star Destination Strategies will be in New Rochelle September 9-12 for a series of public and visioning meetings.

They will hold a public information session on Tuesday, September 9th and present to the

City Council at the September 10th Committee of the Whole meeting.

"Over the next several months, using our Community BrandPrint process we'll be digging out New Rochelle's competitive identity that is derived from the history, the culture, the geography and the society of a place," said North Star CEO Don McEachern. "Branding the City will give community members and stakeholders the tools to effectively manage the conversation that is taking place in order to build a reputation that is fair, honest and powerful."

The integrated branding process includes research, strategy and creative development. The final stage of the project will involve the creation of a brand identity guide for the City and will be expressed through communications, signage, special events, community outreach, online initiatives, merchandising and more.

IDA Chair Marianne Sussman noted, "For too long, the City has not made its positive qualities broadly known.. This branding exercise will bring together all that we enjoy -- from our waterfront and strategic location,

to our diversity of commercial and residential properties."



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THE BIRTHDAY GIRL AT 50

New York City corporate paralegal Sandra Stewart poses with her 50th anniversary birthday cake at a special party held last Saturday at the Radisson Hotel, New Rochelle and attended by scores of family members and friends. The party was hosted by her daughter Dionne and friend Sindy.

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EDUCATION & YOUTH

COJO SCHOLARSHIPS:

Four outstanding wards of the state were recently honored by the New York based Jamaican charity Children of Jamaica Outreach (COJO) Inc. for academic excellence. The four scholars (front row L-R) Kemar Henry and Ruth Ann Hamilton studying dentistry and accounting respectively at UTech, Judi Ann Oldacre at Shortwood Teachers College and Mackoy McNish, studying medicine at UWI Mona were each presented with a laptop and scholarships valued at US\$5,000 towards defraying the cost of their tuition. Sharing the occasion (from left to right) were Gary Williams, Chairman and Founder of COJO; Kemar Bailey-Cole, Commonwealth 100m champion; Dennis Hawthorne, Opposition Leader Andrew Holness, Dr. Maurice Smith, Director of the National College for Educational Leadership who represented the Minister of Education and Olympic silver medalist Yohan Blake. The funds are raised each year from its annual scholarship gala held in December. -Photo: Gladstone Taylor



Laparkan Announces Scholarship Program

Laparkan has announced that it is accepting applications for its annual scholarship program under which two Caribbean American high school seniors or "freshmen" in an accredited college or university will each receive a cash award. Deadline for the submission of applications is December 15, 2014.

This is the 10th year the Caribbean shipping giant is offering scholarships which the company says is one of several ways it gives back to the community it serves.

Speaking at a recent press conference at the company's Stanley Avenue location in

Brooklyn, Wesley Kirton, Corporate Marketing and External Relations Manager told journalists "over the years these scholarships have helped some two dozen students with their higher education needs. Many of these have graduated with higher degrees and gone on to be successful professionals in the working world."

Laparkan has also put in place a number of services to make it easier for customers to conduct business with the company.

Kirton gave as examples the customer



Wesley Kirton
Corporate Marketing and
External Relations Manager-Laparkan

assist service offered in Jamaica which he says no other shipping company offers and the one-stop service it offers at other destinations. "This is a service designed to help customers have their barrels and boxes cleared at the port with no hassle. These services have been introduced because we care about our customers and want their shipping experience to be seamless and stress free," he said.

The company also announced introduc-

tion of its air cargo service to St. Lucia and door to door service to Tobago.

The Caribbean shipping company says it now offers door to door service from the United States to Tobago via customs clearance at three ports of entry in Trinidad.

Kirton told reporters that St. Lucians can now take advantage of the company's competitively priced flat rate boxes by air to St. Lucia. He said that there are three sizes of

flat rate boxes which hold up to 20, 40 and sixty pounds respectively.

"We have also now introduced door to door service to Tobago via Trinidad in response to requests from many of our customers for this service. We now offer delivery to customers' doors in any part of Tobago including Scarborough, Mason Hall, Moriah, Charlotteville and Speyside," Kirton disclosed.

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New Rochelle to Boost

School Attendance

NEW ROCHELLE
Recognizing the connection between school attendance and academic achievement, the City government and School District of New Rochelle have joined communities and schools across the country in promoting September as "Attendance Awareness Month".

On Thursday, September 18th in the Rotunda at City Hall, New Rochelle Mayor Noam Bramson presented a Proclamation to City School District Superintendent Dr. Brian Osborne, signifying the City's commitment to raise awareness about the value of regular school attendance and the need to combat chronic absenteeism in the new school year.

"As the parent of school-age children, I see firsthand the importance of having a good



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BEAUTY CARE

How to Take Care of Your Hair

WASHING HAIR PROPERLY
Wash hair sparingly and use a good-quality shampoo. Washing hair too often can leave hair dried out, leached of its natural oils, and may damage your hair. Aim to shampoo your hair at most every other day or even only twice a week.

**TRY SHAMPOOS THAT DO NOT CONTAIN SULFATES OR PARABENS.**

Sulfates are the chemicals that make shampoos lather up. Parabens are preservatives that cause irritation and eye problems after prolonged use. [citation needed] Both of these chemicals aren't healthy for you or the environment so try to use shampoos with natural cleansers. Choose a shampoo that suits your hair type. Don't just go for any old shampoo; go for the shampoo that works for your hair type. Typical types include (but are not limited to): Curly or coarse hair probably wants frizz-minimizing and softening shampoo.

USE CONDITIONER THAT MATCHES YOUR HAIR TYPE, LENGTH, AND TREATMENT DAMAGE.

A good rule of thumb is to condition every time you shampoo your hair, although very processed or dyed hair probably needs a little more love than natural hair. Deep condition once a week. Use a store-bought hair care product, or venture out on your own and try a home-made solution. Deep conditioning is very good for your hair. It keeps hair soft, healthy and moisturized.

CONDITION YOUR HAIR PROPERLY BASED ON HAIR TYPE:

For fine hair: If you have very limp hair, try a botanical oil treatment before you shampoo. Use lavender or tea-tree oil, for example, and work it under your cuticles before shampooing. Wash shampoo away and apply conditioner from the mid-shaft down to the end. Leave in for a minute before washing. For medium to thick hair, use a moisturizer with natural hydrators. Keep your conditioner light. Apply conditioner all over your head and let stay for 2-3 minutes.

BE CAREFUL ABOUT USING HAIR CARE PRODUCTS WITH TOO MUCH PROTEIN.

Too much protein can leave your hair feeling desiccated and brittle. While protein is the building block of healthy hair, use conditioners that come with balanced ingredients. Frizz-control serum can be used in small quantities to tame frizzes. Make sure you do not use too much, and wash once a week with a deep-cleanse shampoo to avoid build-up, which will leave hair looking dull and flaky.



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NEW JERSEY FOCUS

Former Mayor Convicted of Mortgage Fraud

MANALAPAN NEW JERSEY: Andrew Lucas, 37, the former mayor of Manalapan, New Jersey, was convicted at trial on charges related to his acquisition of farmland in Monmouth County, New Jersey. The jury found that Lucas provided falsified tax returns, including a falsified tax return for a relative whose name was also on the loan application, as well as falsely reported that he had a total of \$210,000 in cash.

The defendant was found guilty on all 11 counts of an indictment charging him with wire fraud, an illegal monetary transaction, loan application fraud, false statements to the IRS, aggravated identity theft, obstruction of a grand jury investigation and falsification of records in a federal investigation. The jury deliberated three hours before returning its verdict following a two-week trial before U.S. District Judge Freda L. Wolfson in Trenton federal court.

According to documents filed in this case and the evidence at trial:

On Dec. 15, 2009, Lucas submitted a loan application to a New Jersey bank requesting \$525,000 to finance his purchase of the Burke Farm, Manalapan, New Jersey. Lucas provided the bank with falsified versions of his 2007 and 2008 tax returns, as well as a falsified version of a 2007 tax return for a relative whose name was also on the loan application. Lucas also falsely reported that he had a total of \$210,000 in cash.

Lucas owned and operated Lucas



Andrew Lucas, 37
Former Mayor of Manalapan

Capital Advisors LLC (Lucas Capital), through which he served as an investment advisor and manager to multiple individuals. To obtain the \$250,000 down payment for the property, Lucas approached Bobby Janowski, who was a client of Lucas Capital, to pitch an investment in an entity called VLM Investments LLC (VLM).

On Feb. 15, 2010, Lucas presented a written note to Janowski, which stated that

the \$250,000 investment was to be secured by "...interest in the equipment, fixtures, inventory and accounts receivable" of VLM. However, Lucas failed to inform Janowski that at the time the note was signed, VLM did not exist. Lucas also failed to disclose to Janowski that Lucas intended to make personal use of the funds.

It was not until three days later, on Feb. 18, 2010, that Lucas created VLM by registering it with the State of New Jersey and the IRS, using the name and Social Security number of Lucas' out-of-state relative, Thomas Littlefield, without his knowledge or permission.

On Feb. 22, 2010, Lucas authorized the wiring of \$250,000 from Janowski's Lucas Capital investment account to a Lucas provided the bank with falsified versions of his 2007 and 2008 tax returns, as well as a falsified version of a 2007 tax return for a relative whose name was also on the loan application. Lucas also falsely reported that he had a total of \$210,000 in cash, bank account that had Lucas as the only authorized signer. On March 1, 2010, Lucas withdrew this money in the form of a bank check, which he provided the next day to the closing attorney for the purchase of the Burke Farm property.

Lucas also filed tax returns for VLM for tax years 2011 and 2012, both times listing Littlefield's name and Social Security number without Littlefield's knowledge or permission.

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What Makes a Healthy Relationship?

Hopefully, you and your significant other are treating each other well. Not sure if that's the case? Take a step back from the dizzying sensation of being swept off your feet and think about whether your relationship has these seven qualities:

MUTUAL RESPECT

The key is that your BF or GF is into you for who you are — for your great sense of humor, your love of reality TV, etc. Does your partner listen when you say you're not comfortable doing something and then back off right away? Respect in a relationship means that each person values who the other is and understands — and would never challenge — the other person's boundaries.

TRUST

You're talking with a guy from French class and your boyfriend walks by. Does he completely lose his cool or keep walking because he knows you'd never cheat on him? It's OK to get a little jealous sometimes — jealousy is a natural emotion. But how a person reacts when feeling jealous is what matters. There's no way you can have a healthy relationship if you don't trust each other.

HONESTY

This one goes hand-in-hand with trust because it's tough to trust someone when one of you isn't being honest. Have you ever caught your girlfriend in a major lie? Like she told you that she had to work on Friday night but it turned out she was at the movies with her friends? The next time she says she has to work, you'll have a lot more trouble believing her and the trust will be on shaky ground.

SUPPORT.

It's not just in bad times that your partner should support you. Some people are great when your whole world is falling apart but can't take being there when things are going right (and vice versa). In a healthy relationship, your significant other is there with a shoulder to cry on when you find out your parents are getting divorced and to celebrate with you when you get the lead in a play.



FAIRNESS/EQUALITY

You need to have give-and-take in your relationship, too. Do you take turns choosing which new movie to see? As a couple, do you hang out with your partner's friends as often as you hang out with yours? It's not like you have to keep a running count and make sure things are exactly even, of course. But you'll know if it isn't a pretty fair balance. Things get bad really fast when a relationship turns into a power struggle, with one person fighting to get his or her way all the time.

SEPARATE IDENTITIES

In a healthy relationship, everyone needs to make compromises. But that doesn't mean you should feel like you're losing out on being yourself. When you started going out, you both had your own lives (families, friends, interests, hobbies, etc.) and that shouldn't change. Neither of you should have to pretend to like something you don't, or give up seeing your friends, or drop out of activities you love.

GOOD COMMUNICATION

You've probably heard lots of stuff about how men and women don't seem to speak the same language. We all know how many different meanings the little phrase "no, nothing's wrong" can have, depending on who's saying it! But what's important is to ask if you're not sure what he or she means, and speak honestly and openly so that the miscommunication is avoided in the first place.

ADVICE COLUMN

BY
DIVINE DIVA



He doesn't keep a 'Normal' schedule

Dear Divine Diva:

I have been dating "Gene" for three years, living together for a year and a half. We're both divorced and love each other very much.

Our biggest problem is, he doesn't keep a "normal" schedule. Gene

eats at odd hours, exercises at the strangest times and will stay awake 'til the wee hours of the morning, then crash for a day or so.

He seems unfazed by this weirdness. He's responsible, holds a good job and comes from a terrific family, but his habits are taking a toll on me.

There are days when I want him home for dinner, or I want to cuddle with him. I want a normal schedule. This is tricky because I have accepted his lifestyle and now the brakes have come on for me. Gene doesn't understand my sudden change of attitude, and frankly, neither do I.

Do I have only two choices: accept him for who he is or find someone who follows a more con-

ventional schedule? I love him so much that leaving would be very hard to do. - Pat

Dear Pat:

It would be interesting to know what Gene does for a living. Does he

work in a casino? Show business? It's possible your change in attitude has come about because you now realize that you might be living his unconventional lifestyle for the rest of your life. Compromises you could make on a temporary basis can seem daunting when you see they'll be permanent.

If you need someone who lives his life on a normal schedule, one of you will have to make some changes. You will either have to accept this as your future or Gene will have to change his lifestyle. Because he seems to thrive on the

schedule he's living on, the adjustment may be very difficult for him.

-Always Divine Diva

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HOROSCOPE

ARIES (March 21-April 19): The week continues to be very sociable and mainly positive. Monday brings a chance to connect with others to brainstorm, get feedback, and interact for romance or business purposes. Take it easy around midweek, when a Full Moon in Scorpio could arouse passions and intense feelings.

TAURUS (April 20-May 20): You might want to invest in improving your health and overall wellness by purchasing some exercise equipment or a gym membership. Midweek could have a deep and profound resonance, as the Moon in Scorpio can bring hidden feelings into the open.

GEMINI (May 21-June 20): Your curiosity could peak, spurring creative ideas or enticing you to consider dating if you've been out of the loop for a while. You're in your element now and eager to enjoy the pleasures of life. You might want to lighten your schedule around the midweek Full Moon in Scorpio, as feelings may be running high.

CANCER (June 21-July 22): Though creative conflict still appears in your life, you might be motivated to start on an idea you've been mulling over for some time. Don't let the Full Moon in your creative sector keep you from moving ahead. It's in Scorpio, so fear or doubt could assail you right when you need confidence and enthusiasm in order to get ahead.

LEO (July 23-Aug. 22): Conversations lead to productive encounters, collaboration, and opportunities to get involved in creative proj-

ects. Take it easy on Wednesday, as intense feelings could stir up issues at home. This isn't the time to make snap decisions or say anything you could regret later.

VIRGO (Aug. 23-Sept. 22): Business deals and career opportunities may show up this week, enhancing your prospects if you're willing to step outside your comfort zone. Connecting with key people, researching options, and gathering information can help you reach an important goal.

LIBRA (Sept. 23-Oct. 22): Although relationships could be a bit of a challenge, there's also plenty of sizzle showing up in your social life. Opportunities to explore groups or move in new circles could be a revelation. Try to avoid splurging at the time of the midweek Full Moon, even if it does help you feel better.

SCORPIO (Oct. 23-Nov. 21): You may be thinking about life's deeper issues, as a focus on spiritual and emotional matters could encourage a period of reflection. Perhaps what you really want is for harmony and balance to pervade your everyday existence. Don't let the Full Moon in Scorpio throw you off.

SAGITTARIUS (Nov. 22-Dec. 21): You seem to be on a roll, especially as your social life and love life are concerned. Interactions with many people can be the catalyst to some exciting things happening for you. Be willing to let your curiosity lead the way and more exciting things will come to you. Also, opportunities for

romance seem particularly appealing.

CAPRICORN (Dec. 22-Jan. 19): You may be curious to explore options for new contracts, jobs, and work in general. With Mercury in Gemini and making some spectacular aspects this week, it's a good time to advertise your skills and services, apply for interviews, and get things up and running in general.

AQUARIUS (Jan. 20-Feb. 18): Opportunities for romance, business, and anything else you can think of could be there for you this

week. Researching your options by surfing online could result in rich pickings. Try not to be swayed by the midweek Full Moon in Scorpio concerning an important career move or goal.

PISCES (Feb. 19-March 20): Home and family matters seem positive, as upbeat transits may coincide with family get-togethers or celebrations. You might want to splurge on items for your home. A spontaneous decision to upgrade the decor could have you considering paint, carpets, or curtains.

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HEALTH & NUTRITION

A Decade of Prostate Cancer Progress

Prostate cancer is the second most common cause of cancer-related deaths among American men. The prostate is a gland in the male reproductive system. It makes most of the semen that carries sperm. The walnut-sized gland is located beneath the bladder and surrounds the upper part of the urethra, the tube that carries urine from the bladder.

Prostate cancer is frequently a very slow growing disease, often causing no symptoms until it is in an advanced stage. Most men with prostate cancer die of other causes, and many never know that they have the disease. But once prostate cancer begins to grow quickly or spreads outside the prostate, it is dangerous. While the disease is rare before age 50, experts believe that most elderly men have traces of it.

A Decade of Drugs on the Market

This year marks the tenth anniversary of the approval of docetaxel, the first chemotherapy for metastatic prostate cancer that showed a survival benefit. FDA approved docetaxel in 2004 after years of research failed to find a treatment that would prolong the lives of metastatic prostate cancer patients.

Metastatic is a term used to describe a cancer that spreads from the original location to other areas of the body. "When prostate cancer metastasizes to another location in the body, it is in most cases incurable, and the goal of treatment is to improve a patient's symptoms or function or to extend the length of the patient's life," says Paul Kluzet, MD., acting deputy office director for FDA's Office of Hematology and Oncology

Products in the Center for Drug Evaluation and Research.

Since docetaxel, five additional therapies have been approved, and all of them have shown improvements in survival. Kluzet says it is unprecedented for so many drugs to demonstrate a survival advantage in an individual metastatic solid tumor setting.

Although the median extension of life for each of these approved drugs in metastasized prostate cancer is on the order of 2-6 months, it is hoped that when these drugs are used one after another, the survival benefit of each drug will be to some degree additive, particularly given that many of the drugs work through different mechanisms of action. The optimal order and combination is

not yet known and will be an area of research over the coming years.

Moving Forward

One area of prostate cancer research that is garnering attention is related to patients whose cancer has not yet metastasized. Critical for this research will be the selection of patients who are at high enough risk of dying or becoming symptomatic from their prostate cancer to require treatment. Because of the widespread use of prostate-specific antigen (PSA) testing in the United States, prostate cancer is detected very early, and in some cases the prostate cancer found can be very slow growing.

Tests to identify patients at high risk for prostate cancer related death or morbidity are an area of intensive research. These tests have the potential to save many American men from the significant side effects of prostate cancer treatment which result in symptoms related to the removal or radiation of their prostate or severe reduction of androgens through either surgery or androgen deprivation drug therapy. These significant side effects highlight the need to reduce the burden to patients of overtreatment if the prostate cancer is slow growing.

Don't Fall for Unproven Products

As with most cancers, there are companies selling so-called "natural remedies." Men with prostate problems who rely on these "remedies" rather than approved treatments may delay or forego getting the proper diagnosis and treatment says Gary Coody, FDA's national health fraud coordinator in the Office of Regulatory Affairs.

are sold online and in retail stores with unapproved claims, such as: "shrink enlarged prostate"; "treat benign prostate hyperrophy"; "lower or slow rise in PSA levels" "decrease or slow prostate cancer growth"

FDA has issued warning letters to firms for marketing supplement products with these claims.

The products have not been proven safe and effective for these purposes and may include the following ingredients: saw palmetto, beta sitosterol, pygeum, stinging nettle, cranberry and others.

This article appears on FDA's Consumer Updates page, which features the latest on all FDA-regulated products.

Diabetes: 'Not So Sweet'

• Disease where your body can't use your glucose (sugar) well.

• You can feel completely normal and still have problems with your heart, blood vessels, kidneys, eyes, nerves, and skin.

• If you control your blood sugar, you can prevent these problems.



NUTRICARE

By
GLORIA BENT,
MS, RD, CDN

*Question or comments:
Gloria.Bent@gmail.com*



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The 4 Habits You Need to Be Successful

By Matt Mayberry

CEO, Matt Mayberry Enterprises

The most successful people in this world maintain and master good habits. They realize what they do on a daily basis and where they direct their energy deeply matters when it comes to reaching their goals.

The habits you have picked up over the past couple of years is a reflection of where you are right this moment.

The sad news is that most people don't have very good habits. The great news is if you are unhappy where you are at in your life you can gradually change

the trajectory by altering what you do daily. To achieve high levels of success, you must start to develop the habits of the highly successful.

Below you will find four habits that will help you maximize the results you have been producing and live the life of your dreams.

1. Focus your energy. Learning how to direct your energy towards your most rewarding tasks is crucial for achieving high levels of success. One of the biggest mistakes that many people make is directing their energy towards low-valued tasks. Take a look at everything you have going on right now in your life. Pay close attention and ask yourself what the high-valued tasks are -- the ones that have the potential to bring the most reward to you and your business.

2. Ability to prioritize. Think of what is your most important goal right this moment. If you had to pick one goal that would make everything else in your life tick, this is it. High achievers never lose sight of what their major goal is. Every day, do something that will inch you closer to the achievement of your main goal.

3. Can project and complete tasks. Being able to start something and follow through until it's completed is a key to long-term success. Picture yourself completely finishing your projects and tasks. Take note of how you feel visualizing yourself getting the job done. The more you can picture yourself following through and completing important tasks, the more determined you will be to actually do so.

4. Having a PMA. To be successful, you need to have a positive mental attitude, or PMA. If you do nothing about negative thoughts, chances are you will be settling for average. Instead, you need to continually feed your mind with positive thoughts.

A great percentage of successful people have all experienced some sort of setback or failure. They could have just stopped their journey right there and called it quits. Instead, they had a positive mental attitude about themselves and their abilities, which gave them the power needed to continue along and reach their goals. Creating this sort of attitude could be one of your most important habits that you end up incorporating on a daily basis.

No matter where you are in life, there is always more to reach for. When you constantly strive to become a better person, refine your skill set and invest in your future daily, you become more as an individual. When you become more as an individual, your value increases. The more your value increases, the more successful you will become -- and it all starts with your habits.

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